

128 H. ABSTRACT OF THE DISCLOSURE

129 According to the present invention, fat and caloric content of dressings can be reduced by the
130 replacement of a portion fat content normally found in dressings with an equal amount of emulsified
131 liquid shortening composition comprising dietary fiber gel, water and lipid. The result is that fat and
132 caloric content of dressings can be manipulated with minimal effect on taste and texture.
133 Furthermore, these emulsified mixtures, or “emulsified liquid shortening compositions comprising
134 dietary fiber gel, water and lipid”, can further comprise functional foods such as high omega three
135 and omega six oils and pure omega three and omega six fatty acids, medium chain triglyceride, beta
136 carotene, calcium estearate, vitamin E, bioflavonoids, fagopyritrol, polyphenolic antioxidants of
137 vegetable origin, lycopene, luteine and soluble fiber, for example Beta-Glucan derived from yeast,
138 and other soluble fibers derived from grain, flax seed, and other vegetable and fruit fiber sources,
139 and any combination thereof. Hence, in addition to reducing fat and caloric content of dressings,
140 further health benefits can be achieved by replacing a portion of fat with emulsified liquid shortening
141 compositions comprising dietary fiber gel, water and lipid.